HEART FAILURE ZONES

EVERY DAY

EVERY DAY:

- Weigh yourself in the morning before breakfast, write it down and compare to yesterday's weight
- Take your medicine as prescribed.
- Check for swelling in your feet, ankles, legs and stomach.
- Eat low salt food.
- Balance activity and rest periods.

Which Heart Failure Zone are you today? GREEN, YELLOW, or RED?

GREEN ZONE

ALL CLEAR - This zone is your goal

Your symptoms are under control. You have:

- No shortness of breath.
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days)
- No swelling of your feet, ankles, legs or stomach.
- No chest pain.

YELLOW ZONE

CAUTION - This zone is a warning

Call your doctor's office if:

- You have a weight gain of 3 pounds in 1 day, or a weight gain of 5 pounds or more in 1 week.
- More shortness of breath.
- More swelling of your feet, ankles, legs, or stomach.
- Feeling more tired. No energy.
- Dry hacky cough.
- Dizziness.
- Feeling uneasy, you know something is not right
- It is harder for you to breathe when lying down. You are needing to sleep sitting up in a chair.

RED ZONE

EMERGENCY

Go to the emergency room or call 911 if you have any one of the following:

- Struggling to breathe. Unrelieved shortness of breath while sitting still.
- Have chest pain.
- Have confusion or can't think clearly.

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